



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 35141, Mutton, cooked, roasted (Navajo)

Report Date: July 16, 2017 03:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	54.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Energy	kcal	234	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Energy	kJ	978	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Protein ¹	g	33.43	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Total lipid (fat) ¹	g	11.09	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Ash ¹	g	1.41	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	0.08	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Minerals													
Calcium, Ca ¹	mg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Iron, Fe ¹	mg	4.76	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Magnesium, Mg ¹	mg	31	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phosphorus, P ¹	mg	272	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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Potassium, K ¹	mg	409	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sodium, Na ¹	mg	135	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Zinc, Zn ¹	mg	5.93	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Copper, Cu ¹	mg	0.062	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Manganese, Mn ¹	mg	0.033	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Selenium, Se ¹	µg	38.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamins													
Thiamin ¹	mg	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Riboflavin ¹	mg	0.300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Niacin ¹	mg	6.520	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Pantothenic acid ¹	mg	0.897	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin B-6 ¹	mg	0.377	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, total ¹	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, food	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Choline, total ¹	mg	100.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine ¹	mg	33.9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12 ¹	µg	4.44	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin E (alpha-tocopherol) ¹	mg	0.80	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, beta ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, gamma ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, delta ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lipids													
Fatty acids, total saturated	g	5.142	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
8:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
10:0 ¹	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
12:0 ¹	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
14:0 ¹	g	0.258	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:0 ¹	g	0.063	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 ¹	g	2.474	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:0 ¹	g	0.158	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:0 ¹	g	2.145	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:0 ¹	g	0.022	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
22:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total monounsaturated	g	4.459	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
14:1 ¹	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:1 undifferentiated ¹	g	0.206	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:1 ¹	g	0.085	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:1 undifferentiated ¹	g	4.149	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:1 ¹	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total polyunsaturated	g	0.814	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
18:2 undifferentiated ¹	g	0.396	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

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18:3 undifferentiated ¹	g	0.172	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-3 c,c,c (ALA) ¹	g	0.147	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-6 c,c,c ¹	g	0.025	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:2 n-6 c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:3 undifferentiated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:4 undifferentiated ¹	g	0.074	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Cholesterol ¹	mg	109	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Amino Acids													
Tryptophan ¹	g	0.257	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Threonine ¹	g	1.403	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Isoleucine ¹	g	1.588	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Leucine ¹	g	2.764	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lysine ¹	g	2.999	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Methionine ¹	g	0.918	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine ¹	g	0.348	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phenylalanine ¹	g	1.399	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tyrosine ¹	g	1.162	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Valine ¹	g	1.678	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Arginine ¹	g	2.178	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Histidine ¹	g	0.975	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Alanine ¹	g	1.964	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Aspartic acid ¹	g	3.122	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glutamic acid ¹	g	5.167	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glycine ¹	g	1.651	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Proline ¹	g	1.411	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Serine ¹	g	1.332	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Hydroxyproline ¹	g	0.244	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Sources of Data¹Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD